



Bottle-Feeding Basics

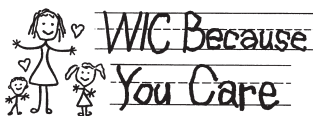
- **Wash your hands before making formula.**
- **Wash bottles and nipples in hot, soapy water. Rinse everything well with hot water.**
- **Run cold tap water for a couple of minutes before using it for formula.** Bottled water is not necessary. If you are using well water, make sure it has been tested to be safe or that it is boiled before use.
- **To make powdered formula, put 2 ounces of water in the bottle and one scoop of formula. Measure water first, then add formula. Shake well.**
- **Mix the amount of formula your baby will drink at a feeding. If there is any formula left over, use within one hour or throw it away.**
- **Warm a bottle by running hot tap water on it. Do not use the microwave. It can create hot spots in the formula that can burn the baby.**

- **Babies get enough water in their formula, so bottles of plain water are not necessary.**
- **Some spitting up is normal.** If you are concerned about how much your baby is spitting up, talk to your doctor or WIC nutritionist.
- **Wait until your baby is 6 months old before starting cereal.** Giving cereal in the bottle does not help your baby sleep longer. Starting cereal too soon may cause allergies later in life.

How Much To Give Baby?

You can expect your newborn to take formula every two to three hours. A newborn will probably take about 2 to 3 ounces at each feeding. This comes to about 16 to 20 ounces of formula in 24 hours. Allow your baby to decide how much he or she will eat. Your baby will let you know when he or she is full.

As your baby gets older and bigger, he or she will go longer between feedings and take more at each feeding. Be ready to prepare more formula as your baby's appetite grows.



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